Keeping Active – older adult home exercise plan

Developed by Sport Ireland and its network of Local Sports Partnerships, the Older Adult Home Exercise Plan aims to support older adults to be more active on a daily basis

The **National Physical Activity Plan for Ireland**, recommends that older people, aged 65+ be active for at least 30 minutes a day of moderate intensity activity 5 days a week, or 150 minutes a week. Moderate intensity activity puts a focus on aerobic activity, muscle strengthening and balance.

Daily physical activity has many benefits, including:

- increased physical strength
- improved balance and reduction in fall risk
- protection from common diseases such as heart disease and diabetes
- improved body confidence
- higher levels of positive mental health

How to use the 4 week plan

The Older Adult Home Exercise Plan contains:

- Physical Activity Planner
- Home Exercise Activity Cards

Plan each day – making it happen

By planning our daily activity at the start of the week or in the evening we are less likely to avoid or forget to do it. The activity planner asks a few simple questions to help focus the mind and set out the physical activity goals.

Activity cards

The activity cards contain eight exercises that can be done at home using minimal equipment. All activities are fully adaptable and can be performed seated or standing depending on ability.

Physical activity planner

The physical activity planner helps people to plan, schedule, account for and reflect on their exercise activity. There is also a sense of satisfaction in looking at the tracker at the end of each day or week and seeing what has been achieved.

Click here to access the activities for all programme

Further Support

Sport Ireland and its network of Local Sports Partnerships work hard to help people to be physically active. For help with any aspect of this plan or to find out how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership, www.offalysports.ie